

## Time Trial 2012

You have to go back to 2006 to find a team that ran their time trial in the 90s. That team went on to be State Champions. It was more humid that day but less windy and not quite as high a temperature. That day 1 girl ran under 16, 8 under 17, and no one ran in the 17-18 minute range. 20 ran under 19. You get the picture and that should put yesterday's performance in some perspective. Of course this doesn't mean we are going to win a State Championship. It just means we have the potential for greatness. I am very pleased to see that our 7th runner was less than a minute behind our 1st. Our 4-7 definitely worked to close the gap on our leaders. From what I saw, we have another group of girls ready to challenge that 4-7 as well. This was a tough initiation for newcomers yet Fanta, Morgan, Izzy, Riley, Olivia and Hailey all finished in the top third. It is no mistake that they all put in work over the summer. Mollie and Sonora came with 2-3 seconds of their PRs! Sarah Burns ran heroically and was well up in the pack until she ran out of gas on the final hill—some more training and she will complete that kind of effort. Check out the improvement of Emma Gier, Miranda and Hannah Carey from previous years when conditions were far better! That is taking it up a notch and then some. Anyone who was close to running as well or better than last year should be very proud of her effort. In the end, today was a good start. **If we continue to push one another, do the little things and the hard things, we have the potential for great things.**

Pl.	Conditions→	94 dry	80 dry	80 dry	70s dry	Pl.	Conditions→	94 dry	80 dry	80 dry	70s/dry
		2012	2011	2010	2009			2012	2011	2010	2009
1	<b>Carman, Ellen</b>	15:55	16:03	17:08		36	Traore, Aminata	22:26*			
2	<b>Bruns, Lindsey</b>	16:08	16:02	17:30	18:11	37	Goodman, Lucy	22:26			
3	<b>Danielson, Erin</b>	16:35	15:24	15:22	15:33	38	Dickson, Abby	22:45*			
4	<b>Shepherd, Molly</b>	16:49	18:32			39	Miller, Aspen	23:09			
5	<b>Perez, Terra</b>	16:50	16:06	18:55	18:57	40	Lyons-Macatee,E	23:12*			
6	<b>Perret, Daniela</b>	16:50		19:11		41	Apolonio, Blanca	23:23			
7	<b>Taffa, Sonora</b>	16:52	20:26			42	Heath, Mikayla	23:25	23:03		
8	Siglin, Allison	17:29	16:10	17:27	19:42	43	Clemons, Ana	23:26	25:22		
9	Sammons, Morgan	17:46*				44	Hartley, Kara	23:56	24:06		24:36
10	Traore, Fanta	17:48*				45	Reyes, Miranda	23:57	27:47	36:55	
11	Thompson, Stella	17:48	21:35			46	Langenfeld, H	24:28*			
12	Traore, Soumba	18:05	16:29	33:23		47	Kelly, Mary	24:38	22:24	22:15	
13	Shutt, Isabelle	18:06*				48	Cox, Erin	24:43*			
14	Peterson, Sophia	18:17	17:27	18:15	21:47	49	Carey, Hannah	24:43	26:32		
15	Rethwisch, Mary	18:30	18:20	19:12		50	Brown, Mandy	24:44			
16	Lewers, Riley	18:49*				51	Gier, Emma	24:54	27:49		
17	Parrott, Olivia	18:51*				52	Barret, Grace	25:03			
18	Mendenhall, Kate	18:52	18:33	18:39	22:26	53	Gore, Brianna	26:51	25:22		
19	Peterson, Olivia	18:55	19:05			54	Gallegos,Rosie	27:07	27:36		
20	Verdick, Hailey	19:34*				55	Nosted, Annette	27:10*			
21	Wang, Juju	19:43	19:37	20:16	21:35	56	Kealey, Emma	28:48*			
22	Cornell, Laura	20:00*				57	Noack, Claire	28:52*			
23	Peters, Oli	20:06	19:49	21:21		58	Nadaryshvili, Alexa	31:51	27:15		
24	Milefchik, Taylor	20:41*				59	Kaldjian, Anna	33:37*			
25	Abbate, Sara	20:43*				60	Carroll, Sashay	35:13*			
26	Howard, Lily	20:48	20:53	21:57		61					
27	Holman, Nora	20:49	20:54	21:16	20:02	62					
28	Pujol, Sarah	20:51	20:59			63					
29	DeBoeck, Ceclia	21:09		19:56		64					
30	Hoelscher, Leah	21:09	21:22	21:04		65					
31	Greimann,Emma	21:10	21:08	20:51		66					
32	Benson, Ellie	21:17		19:57	21:26	67					
33	O'Hara, Emma	21:39*				68					
34	Rutherford, Claire	21:42*				69					
35	Coelho, Liliana	22:24	21:15	22:01		70					

**Bold=VarsityCredit**

\*=pr

